

## Care for What You Happen to Have



Nothing can truly be taken from us. There is nothing to lose. Inner peace begins when we stop saying of things, "I have lost it" and instead say, "It has been returned to where it came from." Have your children died? They are returned to where they came from. Has your mate died? Your mate is returned to where he or she came from. Have your possessions and property been taken from you? They too have been returned to where they came from.

Perhaps you are vexed because a bad person took your belongings. But why should it be any concern of yours who gives your things back to the world that gave them to you?

The important thing is to take great care with what you have while the world lets you have it, just as a traveler takes care of a room at an inn.

## The Good Life Is the Life of Inner Serenity



The surest sign of the higher life is serenity. Moral progress results in freedom from inner turmoil. You can stop fretting about this and that.

If you seek the higher life, refrain from such common patterns of thinking as these: "If I don't work harder, I'll never earn a decent living, no one will recognize me, I'll be a nobody," or "If I don't criticize my employee, he'll take advantage of my good will."

It's much better to die of hunger unhindered by grief and fear than to live affluently beset with worry, dread, suspicion, and unchecked desire.

Begin at once a program of self-mastery. But start modestly, with the little things that bother you. Has your child spilled something? Have you misplaced your wallet? Say to yourself, "Coping calmly with this inconvenience is the price I pay for my inner serenity, for freedom from perturbation; you don't get something for nothing."

When you call your child, be prepared that she may not respond to you, or if she does, she might not do what you want her to do. Under these circumstances, it doesn't help your child for you to become agitated. It should not be in her power to cause you any disturbance.